



The Cycling Without Age dream

“We dream of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community.”

Mental health and the elderly



Mental health has an impact on physical health and vice versa



Promote active and healthy aging



Create living conditions and environments that support well being and allow people to lead a healthy life

Reasons to stay actively involved as we age

- Reduce risk of age related decline
 - Prevent stagnation or boredom
 - Avoid social withdrawal
 - Community engagement may serve a protective role against neurodegenerative diseases
- Staying involved in the community improves functioning
 - Benefits retiree as well as community
 - Raise community expectations

Cycling Without Age

- Started in 2012 in Copenhagen, Denmark
- Worldwide movement
 - 51 countries
 - 2,500+ chapters
 - 3,500+ trishaws in use
 - 3 chapters in Illinois
 - Elk Grove Village
 - McHenry County
 - North Shore (Chicago)



Photo courtesy of Cycling Without Age

“The right to wind in your hair”

The Trishaw:

- Built in Copenhagen
- Electric assist motor
- Approximately 35" wide
- Seatbelt
- Storage unit
- Retractable canopy
- Blanket
- Cost: any guesses?





5 Guiding Principles:

- **Generosity** – a simple act that everyone can do
- **Slowness** – sense the environment; be present in the moment
- **Storytelling** – reach out and listen
- **Relationships** – build trust, happiness, and quality of life
- **Without age (or ability)** – life unfolds at all ages and can be thrilling, fun, beautiful, and meaningful

Who CWA serves?

- Elderly population
- Less-able members of the community
- Marginalized populations



Who can ride?

- Up to two passengers
 - Primary passenger
 - Caregiver
 - Family member
 - Friend



How to get involved

- Schedule a ride for a loved one
- Share CWA with possible passengers and organizations
- Follow on social media
- Get trained as a Pilot

“Hurry slowly, turn softly”





Friends of Cycling in Elk
Grove (FCEG) teams up
with Cycling Without Age
(CWA)

FCEG meets CWA

- Became an official affiliate in January, 2019
 - Endorse and encourage 5 guiding principles
 - Charge no fee
- Ordered the trishaw March 1, 2019
- Delivered late July, 2019
- Offered nearly 50 rides to date
- Raising funds to cover cost of trishaw





When & where will we ride?

- Busse Woods Forest Preserve
- Spring – fall as weather permits
- Other FCEG and village events
 - Bike with the Mayor
 - Hometown Parade
 - Village events where the bike valet is present





Safety

- Insurance through Silent Sports
- Slow, comfortable pace
- Obey road and path rules
- Seatbelt
- Helmets
 - Not required if 15+ years old
 - Required for passengers 14 years old and under

CWA-EGV on social media



Facebook
@CWA.EGV



Instagram
@cycling.without.age.egv

Contacts at Illinois CWA Chapters



Elk Grove Village: sarah@cyclingwithoutage.com

McHenry County: mchenrycounty@cyclingwithoutage.com

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Learn more about Cycling Without Age at cyclingwithoutage.com